

# Pack Kindness. Share Hope.

Food for today. Encouragement for tomorrow.

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## DIY Volunteer Opportunity

Nourishment Kits – Spring 2026

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### Drop-Off Dates

Tuesday, April 28 | 11am–2pm

Thursday, May 7 | 11am–2pm

Wednesday, May 13 | 11am–2pm

### Location

RBHA

107 S. 5th Street

Richmond, VA 23219

(Contactless drop-off available)

*We will be set up outside to receive donations.  
In case of inclement weather, we will move just  
inside the garage located beside the main  
entrance.*

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### Why It Matters

RBHA serves over 13,000 children and adults each year.

Many individuals we support do not have reliable access to food.

Nourishment Kits help:

- Children who need a snack
- Adults who need food with medication
- Individuals experiencing homelessness
- Anyone who may not have food that day

**Your donation makes an immediate, direct impact.  
Nourishment supports health, stability, and recovery.**

## What to Include

(Each volunteer is asked to donate a minimum of 10 complete kits)

*\*Contributions above the minimum are welcome; however, we are only able to document up to 3 service hours per DIY project.*

Each kit should contain:

- 1 gallon zip-top bag
- 1 encouraging notecard
- Applesauce (single serve)
- Pretzels or Goldfish (single serve)
- Cheese crackers
- Soft granola or Nutri-Grain bar
- Individual cereal box
- Fruit snacks
- Tuna or chicken pouch/can

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## ✓ How It Works

### 1. Gather Supplies

Purchase and collect items for at least 10 kits.

### 2. Assemble Kits

- Place one of each item in each bag.
- Add a personal note of encouragement.

### 3. Drop Off

Bring completed kits to RBHA on one of the listed dates.

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## Make It Meaningful

As you assemble your kits, consider:

- How does this support someone in need?
- What role does community play in recovery?
- How can we continue giving back?

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## Stay Connected

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Learn more: [www.rbha.org](http://www.rbha.org)

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## Questions?

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